

Kaniwa Mango Mint Salad

- 1 c Kaniwa, cooked in 2 cups of water, chilled in the refrigerator
- 1 medium sized mango, finely chopped
- 1/2 English cucumber, peeled, seeded and chopped
- 1 c pomegranate seeds
- 1/2 c finely chopped mint
- 1/2 c finely chopped parsley
- 1 T olive oil
- 1T orange juice
- 1 T seasoned rice wine vinegar
- sea salt and freshly ground black pepper

Combine all ingredients. Serves 6-8.